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An old month doesn't change its spots (of rain)

April's always treated us poorly, says meteorologist — we just forget **PAGE 4**

Ford, Raptors vie for T.O. attention

Toronto mayor taking a break to deal with 'substance abuse' **PAGE 10**

Raptors take it in nail-biter **PAGE 26**

MISSION TO MARS

PART 2 OF OUR FEATURE ON A HUMAN EXPEDITION TO THE RED PLANET EXPLORES THE MINDS OF PEOPLE WHO WOULD WILLINGLY SAY GOOD-BYE TO EARTH **PAGES 12 & 13**

'The ideas are so phenomenal'

Hope Blooms. Group of youth help design new greenhouse, prep for construction work



HALEY RYAN
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After months of research and design planning for a state-of-the-art greenhouse, 14-year-old Kolade Boboye and a few friends are ready to trade in their schoolbooks for hard hats.

Boboye, a member of the Hope Blooms group who appeared on CBC's Dragon's Den last fall, helped land \$40,000 for their salad dressing business and will lend a hand on the work site.

"It's quite exciting to be part of the construction," said Boboye, who wants to be an engineer and liked drawing the designs. "I feel like I'm a part of the community and I can help."

Jessie Jollymore, dietician and Hope Blooms lead, said plans for the large greenhouse are finished but they're waiting on building

Wish list

Jessie Jollymore said the group is looking for an industrial-sized kitchen to handle their growing dressing business.

permits before announcing when and where the structure will go up.

She said the building "doesn't look like a typical greenhouse" since every aspect was designed for maximizing light and rainwater collection. Instead of glass, they're hoping to use a sturdy transparent material for the windows.

Build Right Nova Scotia, a co-operative of unionized contractors and tradespeople, are building the greenhouse for free alongside construction company Aecon, but are also taking a lot of direction from the kids.

"They've really been coming up with ideas that professionals well beyond their years don't even think of," said Build Right project manager Trent Soholt.

"The ideas are so phenomenal we just started to find

ways to incorporate as much as we could."

Soholt said construction should begin early this summer, and take a month or so to finish.

The extra crops, new teaching space in the greenhouse and ground oven will increase the community's food security by helping people plant their own food and learn "frugal gourmet" recipes, Jollymore said.

They hope to grow 3,000 pounds of food this year and sell 6,000 bottles of dressing, which means \$12,000 into the kids' scholarship fund.

Jollymore said the Hope Blooms kids have a new mindset after positive attention came pouring from across the country after their TV appearance.

"Before, they felt like nobody cared about the youth in Uniacke Square ... but now they're like 'Wow, lots of people care and lots of people want us to succeed. We do have good ideas and we are smart,'" said Jollymore.

"It's that whole change in how they see themselves."



Kolade Boboye, a junior leader with Hope Blooms, holds a scale model of the new greenhouse on Wednesday. JEFF HARPER/METRO

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A full-page advertisement for H&M. A woman with long, dark, wet hair is posing on a dark, wet rock in the ocean. She is wearing a white strapless bikini top with a bow at the bust and white bikini bottoms. She is looking towards the camera with a slight smile. The background shows the ocean with white-capped waves and a clear blue sky. The overall mood is fresh and summery.

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'We are not going to put up with it anymore'

Loretta Saunders.
Halifax roundtable discusses number of missing and murdered aboriginal women

CHRISTINE BENNETT
halifax@metronews.ca

To many, 871 is just a number.

To others, it represents the 871 missing or murdered aboriginal women in Canada.

The number is heavy on the hearts of the Nova Scotia Native Women's Association. They don't want to see that number become 872.

So on Wednesday, they hosted a roundtable Wednesday in conjunction with Dalhousie University's Schulich School of Law.

Their goal: To establish a legacy for Loretta Saunders and other missing and murdered aboriginal women, as well as recognize the challenges faced by aboriginal women who are still with us.

"We are not going to put up with it anymore. (It's) totally unacceptable and not one more woman should go missing or murdered. Not in this 21st century," said Jeanne Baldwin, executive vice president for the Atlantic region of the Public Service Alliance of Canada.

Saunders, an Inuit woman from Labrador, was a student at Saint Mary's University in Halifax and focused her stud-



Cheryl Maloney, president of the Nova Scotia Native Women's Association, speaks to the press after a roundtable discussion at the Schulich School of Law at Dalhousie University on Wednesday. JEFF HARPER/METRO

Quoted

"We want public awareness of the challenges facing young aboriginal girls."

Cheryl Maloney, president of the Nova Scotia Native Women's Association

ies on missing and murdered aboriginal women.

She disappeared from Halifax on Feb. 13.

On Feb. 27, Blake Leggette, 26, and Victoria Henneberry, 28, were charged

with first-degree murder after Saunders' body was found in a wooded area off the Trans-Canada Highway in New Brunswick.

Cheryl Maloney, president of the Nova Scotia Native

Women's Association, said her group wants the public to know the challenges aboriginal women face, especially to get to university.

"Loretta in her young life had overcome a lot of those socio-economic factors that are against our people," Maloney said.

Now a large part of the group's work will be education-oriented, including the creation of a scholarship for indigenous women to attend

a university in the Atlantic provinces. So far, they've raised more than \$40,000.

To contribute, people can make a cheque out to the Community Foundation of Nova Scotia for the Loretta Saunders Scholarship Fund.

On the web

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1 NEWS

TOP OF THE WORLD

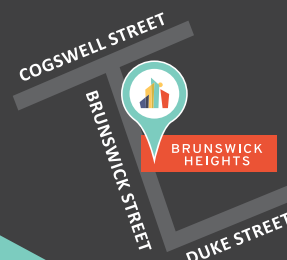
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April always 'like a punch in the face'

She's always been a tease. Senior meteorologist says any perception last month was colder than usual is a distortion



RUTH DAVENPORT
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Umbrellas were commonplace in Halifax last month. METRO FILE

Suck it up, Halifax: This seemingly endless, grey, wet, dreary April was actually pretty standard Maritime fare.

Environment Canada's top forecaster says the average temperature over the last month was 4.2 C — almost bang on the "normal" of 4.4 C.

"In Toronto, we were almost a degree and a half colder than normal. Winnipeg was nearly five degrees colder than normal, Edmonton three degrees," said senior meteorologist David Phillips on Wednesday. "My sense is that nobody's going to feel sorry for you if you're com-

plaining about the weather being close to normal."

Phillips said April has seen more precipitation than usual (143 millimetres compared to 115 millimetres on average) and had 20 so-called "wet" days compared to a more normal 15.

He said the perception that April has been more winter-than spring-like is partly due to the yo-yo temperatures, which swung at times from 18 degrees to 4 just two days later.

"You were teased one day, and you'd think winter's over, I'll put my parka away," he said. "Two days later, you're digging

it out again."

Perhaps most significant is the fact that April hasn't been this "normal" since 2007. The average daily temperature last year was a degree and a half warmer than usual, and in April 2010, it soared to an average of 7.3 degrees Celsius.

"You begin to get seduced into thinking oh, well, that's what the new norm is," said Phillips. "Then you get this one, that's kind of normal, my gosh. It feels like a punch in the face."

Phillips says there's some good news in store — the next three months are expected to be a little warmer than normal.

"By July, if our forecast is correct, you'll have had some good days with more to come," he said. "And you'll forget the fact that summer has been slow to come."

Wait for it ...

"Spring is tough in Atlantic Canada. You have the greatest falls, but you really pay for it in the spring." David Phillips, Environment Canada

Halifax man fined \$50K for steroid involvement

The Canada Border Services Agency says a Halifax man has been fined \$50,000 for smuggling and distributing anabolic steroids.

Greg Austin Doucette was sentenced in Halifax provincial court on three charges under the Customs Act and the Controlled Drugs and Substances Act.

Doucette was also handed a 20-month conditional sentence and one year of probation.

The agency says Doucette must also forfeit all materi-

als and cash seized by officers.

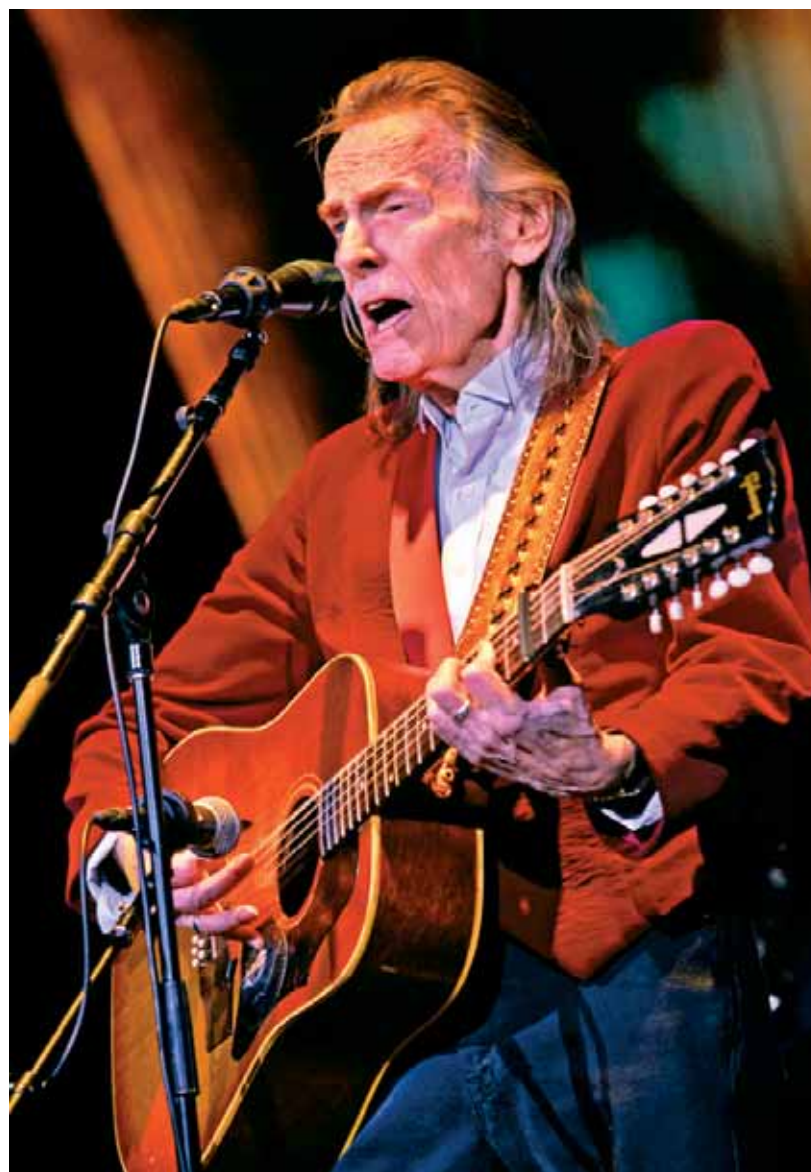
The investigation began in August 2012 when border officers at a mail centre in Vancouver intercepted several shipments of steroids destined for Halifax.

During a subsequent search of Doucette's property, officers seized \$23,000 in cash, more than \$250,000 worth in steroids and steroid distribution materials and 56 envelopes containing raw testosterone powder.

THE CANADIAN PRESS

Source: Yarmouth Vanguard

- Doucette is originally from Amirault's Hill, Yarmouth Co.
- He started weight training at 10 and later competed in bodybuilding. In 2000 he was recognized as Yarmouth's Athlete of the Year for a first-place finish at the world natural bodybuilding championships.



Light on his feet, light on the spirit

Canadian folk legend Gordon Lightfoot takes the stage at the Metro Centre on Wednesday night. Halifax was the third stop on an extensive cross-Canada tour for the singer-songwriter. JEFF HARPER/METRO

Spryfield

Cash, smokes stolen from convenience store

Police are investigating after a Halifax convenience store was robbed Tuesday night. At 8:45 p.m., police say they responded to the Danielson Convenience Store on Dentith Road in Spryfield. A man had entered the store, approached the female employee and demanded cash and cigarettes.

Police say he left with an undisclosed amount of cash and cigarettes. According to a release, no weapons were used and no one was injured. METRO

Two men. Cole Harbour car thieves caught on the run, police say

Police in Halifax are crediting the quick work of two of its officers in catching a pair of car thieves early Wednesday morning.

The RCMP say they received a report of a car being stolen from a home on Hampton Green in Cole Harbour around 1:15 a.m.

Officers later located the vehicle driving on Cole Harbour Road and were able to arrest the two men who allegedly fled on foot after stopping the car.

A 28-year-old man from

Court date

Both men were due to appear in Dartmouth provincial court on Wednesday.

Halifax and a 24-year-old Cole Harbour man are both facing charges of theft of a motor vehicle, possession of stolen property and breach of conditions.

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'My whole world came crashing down,' says murder victim's partner

Ashley MacNeil.
Girlfriend of murdered
Nova Scotia man
speaks of tragedy

While it may sound cliché, it was love at first sight for Phyllis Peters when Ashley MacNeil walked into a Regina bar and asked her to dance.

Four years later, the pair was still dancing and planning a life together when Peters' world came crashing down with the brutal murder of the man she so deeply loved.

MacNeil was the victim of a stabbing on March 12 in a parking lot in West Edmonton. He died a short time later in hospital.

"I just hope he wasn't in pain, I hope he wasn't scared when it all happened — those thoughts run through your mind," said Peters, 26, choking back tears. "What was he



Phyllis Peters and her late partner Ashley MacNeil are seen during a trip to Cuba in February. CONTRIBUTED

feeling? What happened and what were his last thoughts?

The couple met in October 2010; Peters was living in Ontario and MacNeil was work-

ing out West.

"When I met him, it was the strangest thing because that was the last thing I was looking for — he just fell into

my lap. It was the day before Halloween and they were playing Celtic music in this little bar."

During an interview in a

Sydney Mines coffee shop, Peters' eyes lit up when she described dancing the night away with her newfound love.

After meeting, the couple went on a date each day.

"I left for Ontario and didn't think I'd ever see him again, but he called me once a week and I'd fly out to see him. "We did the long distance for two years and finally decided to live together."

Peters, who was in her third year of nursing, changed jobs and moved to Sydney Mines to be with MacNeil.

"He completed me. Yes, school was my focus and I was happy with my life and where my career was going, but he was my everything and we were very happy."

She added that everything was falling into place so perfectly.

"He has two children, a 15 year old and four year old — they aren't with me, but I

love them like they were my own. I'm definitely going to stay involved in their lives. He has a wonderful family and so many friends."

When tragedy struck, Peters said she wanted to lock herself away and block out the world.

"But by surrounding myself with our mutual friends, his family and my family, it has its way of healing. It may not heal fully, but support and time, these things help."

CAPE BRETON POST

Quoted

"He was known by a lot of people and liked by everyone who knew him. I want people to talk about Ashley and to remember him."

Phyllis Peters of her partner, Ashley MacNeil

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Lobster council reveals new branding strategy

The Lobster Council of Canada has a new branding strategy and logo that it hopes will help do a better job of competing in the global marketplace.

The council's president, Jeff Malloy, says Canada remains a world leader in lobster harvesting, live shipping and processing.

However, he says the industry's fragmented structure has led to mixed messages.

Fisheries ministers from the Maritimes have said they hope to implement a levy by the end of the year to help market the lobster industry but further consultation is needed with fisheries organizations.

The levy was proposed last November by a three-member panel that reviewed the lobster industry and it's estimated about \$2.5 million a year could be collected through the fee.

Lobster fishermen have been frustrated with slumping prices to the point where some of them tied up their boats at wharves last year to draw attention to the struggles of their industry.

The council says the industry is worth about \$1.7 billion to the Canadian economy.

Executive director Geoff Irvine says the industry is poised to take advantage of Canada's new free trade deals with Eur-



A lobster fishing boat sets out Wednesday on the first day of the new season. NEW GLASGOW NEWS

ope and Korea. THE CANADIAN PRESS

Gov offers \$150K to help crack homicide case

The provincial government is offering up to \$150,000 for help in solving a two-decade-old homicide case involving a 13-year-old Nova Scotia boy.

Kevin Martin went missing from his Stellarton home

in 1994, six years before commercial loggers found his remains in the Burnside area of Colchester County.

Nova Scotia RCMP hope adding the case to the Rewards for Major Unsolved

Crimes Program will bring forward crucial missing information.

They encourage the public to provide any tips they may have by calling 1-888-710-9090. METRO

Publication ban issued in Halifax child porn case

Provincial court judge. Alleged victim can now not be named

A provincial court judge in Halifax has cited a mandatory publication ban in reference to a prominent child pornography case that had made national headlines.

The mandatory ban referred to prohibits the identification of the alleged victim.

The name of the girl, who is deceased, has been previously widely reported but Judge Jamie Campbell noted the mandatory ban on identification during a hearing Wednesday. The judge said he expected this would create "considerable difficulties" for media.

The publication ban cited comes under Section 486 of the Criminal Code, which prevents the naming of alleged victims in some cases.

Earlier, a defence lawyer in the case dropped a subpoena to have a senior Crown prosecutor testify about why the charges were laid against two teens under the Youth Criminal Justice Act.

Ian Hutchinson, who had filed the subpoena last Wednesday, didn't say why he no longer wished to hear from Crown prosecutor Craig Botterill in the case.

He declined comment outside court.

Two teens face charges of



Defence lawyer Ian Hutchinson enters Halifax Provincial Court on Wednesday. PATRICK MCKENNA/FOR METRO

distributing child pornography in connection with the case, while one of them also faces a charge of making child pornography.

Court will resume May 16 to

hear Campbell's ruling on a defence application for disclosure of further police and Crown materials about the arrests and prosecution of the two accused.

THE CANADIAN PRESS

Girl in custody after knife assault at mall

A 13-year-old Sydney girl is scheduled back in court Thursday for a bail hearing after being charged in connection with a knife assault Tuesday at a local mall.

The girl is charged with two counts of theft, two counts of breaching court orders and single counts of uttering a threat, assault with a weapon (knife), and carrying a weapon dangerous to public peace.

She made a brief court appearance Wednesday and was

ordered held in custody pending the outcome of her bail hearing.

Cape Breton Regional Police were called to Sydney's Mayflower Mall Tuesday afternoon after receiving a report from mall security concerning two female shoplifters. Security officers reported the girls were struggling with officers.

Police arrived and arrested the two youths and seized a knife from the scene. No injuries were reported.

The 15-year-old has been charged with theft, uttering a threat and breaching a court order. She was released by police on conditions. CAPE BRETON POST

Publication ban

The names of the accused are banned from publication in accordance with the Youth Criminal Justice Act.

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Blaze. Provincial fire marshal rules chicken barn fire accidental

The provincial fire marshal has determined the cause of a barn fire in Waterville that killed thousands of chickens to be accidental.

Department of Municipal Affairs spokesperson Tracy Barron said fire marshal Harold Pothier has determined a malfunctioning fan unit was the likely cause of the blaze.

It was an "industrial exhaust fan used to control temperature in the building."

There were nine Kings County fire departments from Kingston to Wolfville on the scene.

The departments battled the fire until 4 a.m. the morning of April 27.

The Waterville and District Fire Department was first called to the fire.

The fire was at a two-storey chicken barn located on Bond Road.

It started around 10:40 p.m. April 26.

KING'S COUNTY REGISTER

More on the barn

- The building was about 300 feet long.
- Around half the structure was destroyed.
- The provincial fire marshal found that an industrial exhaust fan used to control temperature in the building caused the blaze

Trafficking charges laid

Man Tasered for resisting arrest, police say

A 39-year-old man had to be Tasered before police were able to arrest him Tuesday night.

Patrol officers with the Truro Police Service located the man at around midnight in the Barrow Street area.

The man had been out past his court-ordered curfew, according to police.

He attempted to run from officers.

The man was caught following a foot chase, police said.

Once caught, the man resisted arrest and a Taser was deployed.

During the incident, officers seized a quantity of cash and prescription pills

from the man.

The 39-year-old is facing charges of resisting arrest, breaching a court order and possession for the purpose of trafficking.

TRURO DAILY NEWS

On the web

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MV Miner project gets international attention

Derelict ship.

Companies from as far as the Netherlands submitted proposals to remove the carrier

Nova Scotia's minister of transportation can't release the names of the companies which submitted proposals for the removal of the MV Miner, but he did confirm where the companies are based.

Geoff MacLellan said there is one proposal from mainland Nova Scotia, one from Toronto, three from the United States, — one from New Jersey and two from Florida — and two from the Netherlands. He also con-

firmed that some of the international bids have "built-in Nova Scotia components."

"It's quite a mix," he said, adding he wasn't surprised to see proposals come in from all over the world.

"I think with the magnitude of the project, with the occupational health and safety and environmental consideration, I expected an international competition and the biggest players in the world submitting proposals.

"We also want some local content to the extent possible," he said.

The 223-metre bulk carrier was being towed from Montreal to a scrapyard in Turkey in September 2011 when a line snapped and it became stranded off Scaterie Island.

A request for proposals

Lobster season

Geoff MacLellan said the government will not let the removal of the bulk carrier interfere with lobster fishing season, which gets underway May 10.

for removal of the derelict ship closed on Tuesday. A total of 20 companies had gone to view the bulk carrier stranded at Scaterie prior to the deadline. The deadline had been extended a week as a result of six of the companies requesting more specific information.

It is not known when the work to remove the vessel might start.

CAPE BRETON POST

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See this symbol? You can scan the photo above with your Metro News app to play the game. The top 5 winners in Metro will be contacted by May 16th and will win a Canadian Olympic Committee blanket. Subject to terms and conditions outlined in game. QC not eligible.



A seafaring crew

The Halifax-based Fleet Diving Unit of the Canadian Forces Auxiliary Vessel Sechelt loads up a zodiac with crew on the Bedford Basin on Wednesday. PATRICK MCKENNA/FOR METRO

N.S. chief electoral officer calls for fixed election dates

Nova Scotia's chief electoral officer says the province should have fixed dates for elections.

Richard Temporale says the province could save up to \$500,000 in administrative costs by implementing a fixed election date.

Nova Scotia is the only prov-

ince that doesn't use the fixed-date system.

In December, Premier Stephen McNeil said a move to set a fixed election date could come as early as this spring.

He also said there should be discussion on whether the election should be held in the fall

or the spring.

Temporale's recommendation is among more than two dozen contained in a report on the 2013 general election, which saw the Liberals sweep the New Democrats from power after one term in office.

THE CANADIAN PRESS

Drug-resistant bugs now worldwide threat

Bacteria resistant to antibiotics have now spread to every part of the world and might lead to a future where minor infections could kill, according to a report published Wednesday by the World Health Organization.

In its first global survey of the resistance problem, WHO said it found very high rates of drug-resistant *E. coli* bacteria, which causes problems including meningitis and infections of the skin, blood and the kidneys. The agency noted there are many countries where treatment for the bug is useless in more than half of patients.

WHO's report also found worrying rates of resistance in other bacteria, including common causes of pneumonia and gonorrhea.

Unless there is urgent action, "the world is headed for

a post-antibiotic era in which common infections and minor injuries which have been treatable for decades can once again kill," Dr. Keiji Fukuda, one of the agency's assistant director-generals, warned in a release.

WHO acknowledged it couldn't assess the validity of the data provided by countries and that many had no information on antibiotic resistance available.

Health experts have long warned about the dangers of drug resistance, particularly in diseases such as tuberculosis, malaria and flu. In a report by Britain's Chief Medical Officer last year, Dr. Sally Davies described resistance as a "ticking time bomb" and said it was as big a threat as terrorism.

In 1928, Alexander Fleming's discovery of penicillin

revolutionized medicine by giving doctors the first effective treatment for a wide variety of infections. Despite the introduction of numerous other antibiotics since then, no new classes of the drugs have been discovered for decades.

"We see horrendous rates of antibiotic resistance wherever we look... including children admitted to nutritional centres in Niger and people in our surgical and trauma units in Syria," said Dr. Jennifer Cohn, a medical director at Médecins Sans Frontières (Doctors Without Borders), in a statement.

WHO said people should use antibiotics only when prescribed by a doctor; they should complete the full prescription; and never share antibiotics with others or use leftover prescriptions. **THE ASSOCIATED PRESS**

Severe weather continues in the Deep South

Florida Panhandle. A deadly storm system created 65 tornadoes, killing at least 15 in Arkansas and at least 12 in Mississippi

People were plucked off rooftops or climbed into their attics to get away from fast-rising waters when nearly 0.6 metres of rain fell on the Florida Panhandle and Alabama coast in the span of about 24 hours, the latest bout of severe weather that began with tornadoes in the Midwest.

In the Panhandle on Wednesday, roads were chewed up into pieces or wiped out entirely. A car and truck plummeted 7.6 metres when portions of a scenic highway collapsed.

Boats and Humvees zig-zagged through the flooded streets to help stranded residents. At the height of the storm, about 30,000 people were without power. One Florida woman died when she drove her car into high water, officials said.

In Alabama, Capt. David Spies of Fish River/Marlow Fire and Rescue said he was part of a team who found two women and a young boy trapped in the attic of a modular home.

There were at least 30 rescues in the Mobile area of



Vehicles rest at the bottom of a ravine after the Scenic Highway collapsed near Pensacola, Fla., Wednesday KATIE E. KING/THE ASSOCIATED PRESS/PENSACOLA NEWS JOURNAL

Alabama. Florida appeared to be the hardest hit. Gov. Rick Scott said officials there received about 300 calls from stranded residents.

The National Weather Service said forecasters issued flash flood warnings as early as Friday, yet many people were still caught unaware.

The widespread flooding was the latest wallop from a violent storm system that began in Arkansas and Oklahoma and worked its way South, killing 37 people along the way, including a 67-year-old driver in Florida.

In Gulf Shores, Alabama, where nearly 53 centimetres of rain fell over a day's time, the scene resembled the aftermath of a hurricane.

Since Sunday, the system created 65 tornadoes and slammed Arkansas' northern Little Rock suburbs and the Mississippi cities of Louisville and Tupelo. Arkansas had at least 15 deaths; Mississippi had at least 12. Authorities in Louisville searched for a missing 8-year-old boy after a large tornado killed his parents and destroyed their home. **THE ASSOCIATED PRESS**



Removing carcasses is a whale of a task

Provincial and federal officials are discussing the best way to remove the rotting carcasses of two blue whales near Trout River and Rocky Harbour in Newfoundland's west coast. Federal Fisheries Minister Gail Shea said Wednesday that Ottawa is working with a Canadian museum on an agreement to take ownership of the whales so they can contribute to educating the museum's visitors. **DON BRADSHAW/THE CANADIAN PRESS/HO - NTV NEWS**

Over 100 sickened after food safety conference

Health officials are investigating what may have sickened more than 100 people at a conference where more than 1,300 food safety experts had gathered for the Food Safety Summit held early April in Baltimore.

Alvina K. Chu, who is leading the Maryland Department of Health's investigation, said Tuesday that officials haven't determined what caused the illness. It's not clear if the illness was transmitted by food or from person to person, she said.

Health officials said there have been no reported hospitalizations or deaths.

Rita Founmia, with BNP Media, which hosts the summit, said nothing like this has happened in the summit's 16-year history. **THE ASSOCIATED PRESS**

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Nanaimo, B.C. Former employee arrested in sawmill shooting spree

Two employees at a Vancouver Island sawmill were killed, two others were injured and one of their former co-workers was arrested Wednesday after a gunman opened fire in the mill's parking lot and continued shooting inside, RCMP said.

The shooting happened shortly before 7 a.m. at a Western Forest Products sawmill in Nanaimo, more than 100 kilometres north of Victoria.

Police arrived within minutes of the first 911 call, RCMP said, and arrested a 47-year-old man from Nanaimo.

Four men were taken to hospital with gunshot wounds, one by air to Victoria and the rest to Nanaimo, where two were pronounced dead.

Few details were released about the victims, the suspect or what may have motivated a workplace shooting that left a normally quiet coastal city of about 84,000 people in shock.

Supt. Mark Fisher said police believed the attack began in the parking lot and then moved into the mill's offices.



An RCMP officer walks away from the scene of a shooting at a sawmill in Nanaimo, B.C., Wednesday.
CHAD HIPOLITO/THE CANADIAN PRESS

Fisher didn't provide any further details about the suspect and declined to speculate about the attack's motivation.

Western Forest Products said the suspect was a former employee, though it wasn't clear when the man left the mill or under what circumstances. **THE CANADIAN PRESS**

Ford to take a break to deal with his 'substance abuse'

Campaign put on hold. Lawyer for infamous mayor of Toronto says embattled leader knows he 'needs help'

Rob Ford will take a leave of absence from his re-election campaign to seek help for substance abuse, his lawyer said Wednesday as new media reports involving drugs and alcohol emerged.

Dennis Morris said the Toronto mayor "realizes he needs help for substance abuse," but would not specify which substance his client is seeking treatment for or what steps he will take.

"In my eyes, he should announce those steps to the public in the near future," Morris said.

The Toronto Sun, which carried quotes from the mayor about his decision to go get



Rob Ford's lawyer says the Toronto mayor will take a leave of absence to seek help for substance abuse. FRANK GUNN/THE CANADIAN PRESS FILE

help, reported Ford will nonetheless remain on the ballot for the Oct. 27 mayoral election.

The announcement came as both the Sun and the Globe and Mail published fresh allega-

tions about the mayor.

The Globe said two of its reporters viewed a new video of Ford smoking what the newspaper said was described as crack cocaine by a self-pro-

fessed drug dealer. The Globe said the video was secretly filmed in Ford's sister's basement early Saturday morning.

Meanwhile, the Sun reported it obtained an audio recording of the mayor "being unruly as he's ordering booze" and making "lewd comments" about one of his election rivals at a west Toronto bar.

Ford has denied allegations that he is addicted to drugs or alcohol, though he has admitted having used crack cocaine while in a "drunken stupor" during his tenure.

Shortly afterward, city council voted to relieve Ford of many of his mayoral powers.

The mayor also admitted he had been drinking during an incident in which he was filmed using Jamaican swear words and other profanities at a Toronto restaurant.

He vowed last year that he had given up alcohol — part of a campaign to rehabilitate his image in light of his admission.

THE CANADIAN PRESS

Quebec

Cops bust tobacco ring they say had Mafia, aboriginal connections

Police arrested 28 people Wednesday in a crackdown on tobacco trafficking on both sides of the Canada-U.S. border and allegedly involved Montreal's Italian Mafia and aboriginal organized crime. They said the alleged fraud amounted to \$30 million.

Authorities seized 40,000 kilograms of tobacco and confiscated \$450,000 in cash. They also claim the investigation, which began in 2012, was the largest ever involving contraband tobacco in North America.

Quebec provincial police Sgt. Joyce Kemp said Montreal's Italian Mafia teamed up with aboriginal organized crime to illegally import the bulk tobacco.

The tobacco made its way into Canada in big trucks after being purchased by the Mafia in North Carolina, she told reporters.

Police said the tobacco was imported into Canada through the Lacolle border crossing or through the Akwesasne Mohawk reserve.

THE CANADIAN PRESS

Edibles. Colorado sinks its teeth into issues related to those with a taste for weed

Colorado's legal marijuana experiment is threatened by the popularity of eating it instead of smoking it, leading the pot industry to join health officials and state regulators to try to curb the problem of consumers ingesting too much weed.

A task force that's meeting Wednesday planned to start work on refining Colorado's rules on edibles, the industry term for marijuana that has been concentrated and infused into food or drink.

"Basically, we are trying to figure out how to come up with a reasonable THC concentration or amount in edibles in proportion to product safety size," said Dr. George Sam Wang of Children's Hospital Colorado, a pediatric emergency physician who has treated children and toddlers who fell ill after eating marijuana.

Marijuana-infused foods are booming in the state's new recreational market.

Some choose edible pot because of health concerns about smoking the drug. Others are visitors who can't find a hotel that allows toking and are stymied by a law barring public outdoor pot smoking. Whether through inexperience or confu-

Know your limits

Colorado already limits THC in edible pot products to 10 milligrams per serving, with a maximum of 10 servings per package.

- Edibles must be sold in opaque, childproof containers that warn the product contains marijuana and hasn't been tested for safety or potency.
- State lawmakers are considering legislation that would require edibles — the cookies and candies themselves, not just the wrappers — to be marked and coloured to indicate they contain pot.

sion, many are eating too much pot too quickly, with potentially deadly consequences.

The deaths have underscored a common complaint from new marijuana customers — they say they don't know how much pot to eat and then have unpleasant experiences when they ingest too much.

THE ASSOCIATED PRESS

Sinn Fein leader arrested in 1972 IRA murder case

Police in Northern Ireland arrested Sinn Fein party leader Gerry Adams on Wednesday on suspicion of involvement in the Irish Republican Army's 1972 abduction, killing and secret burial of a Belfast widow.

Adams, 65, confirmed his own arrest in a prepared statement and described it as a voluntary, prearranged interview.

Police long had been expected to question Adams about the 1972 killing of Jean McConville, a 38-year-old mother of 10 whom the IRA executed as an alleged spy. According to all authoritative histories of the Sinn Fein-IRA movement, Adams served as an IRA commander for decades, but he has always denied holding any position in the outlawed group.

"I believe that the killing of Jean McConville and the secret burial of her body was wrong and a grievous injustice to her and her family," Adams said. "Well publicized, malicious allegations have been made against me. I reject these. While I have never disassociated myself from the IRA and I never will, I am innocent of any part in the abduction, killing or burial of Mrs. McConville."

Reflecting the embarrass-



Sinn Fein party leader Gerry Adams OLI SCARFF/GETTY IMAGES FILE

ment associated with killing a single mother, the IRA did not admit the killing until 1999, and her unmarked grave was discovered only by accident near a Republic of Ireland beach in 2003.

Adams was implicated in the killing by two IRA veterans who gave taped interviews to researchers for a Boston College history archive on the four-decade Northern Ireland conflict. Belfast police took legal steps to acquire the inter-

views, parts of which already were published after the 2008 death of one IRA interviewee, Brendan Hughes. The researchers fought unsuccessfully to avoid handover of the tapes of the second IRA interviewee, Dolours Price, who died last year.

In his interview, Hughes, a reputed longtime deputy to Adams within the Belfast IRA, said McConville was killed on Adams' orders.

THE ASSOCIATED PRESS



Mothers with daughters among the more than 200 schoolgirls kidnapped two weeks ago by Islamic extremists in northeast Nigeria protest in the capital over the government's failure to rescue the girls. GBEMIGA OLAMIKAN/THE ASSOCIATED PRESS

Schoolgirls forced to marry abductors?

Nigeria. About 50 girls managed to escape, 220 remain missing

Scores of girls and young women kidnapped from a school in Nigeria are being forced to marry their Islamic extremist abductors, a civic organization reported Wednesday.

At the same time, the Boko Haram terrorist net-

work is negotiating over the students' fate and is demanding an unspecified ransom for their release, a Borno state community leader said. He said the Wednesday night message from the abductors also claimed that two of the girls have died from snake bites.

The news of negotiations comes as parents say the girls are being sold into marriage to Boko Haram militants. The students are being paid 2,000 naira (about \$12) to marry the

fighters, Halite Aliyu of the Borno-Yobe People's Forum said. She said the parents' information about mass weddings is coming from villagers in the Sambisa Forest, on Nigeria's border with Cameroon, where Boko Haram is known to have hideouts.

"The latest reports are that they have been taken across the borders, some to Cameroon and Chad," Aliyu said.

Outrage over the failure to rescue the girls is growing and hundreds of women

braved heavy rain to march Wednesday to Nigeria's National Assembly to protest lack of action over the students. Hundreds more also marched in Kano, Nigeria's second largest city, in the north.

"We want our girls to come home alive — not in body bags" said activist Mercy Asu Abang. Nigerians have harnessed social media to protest, trending under the hashtag #BringBackOurGirls.

THE ASSOCIATED PRESS

Oklahoma. Governor calls for review of execution

The governor of Oklahoma called Wednesday for an independent review of the state's execution protocols after a botched procedure that was expected to intensify the debate over how the United States handles lethal injections. The White House said the execution of Clayton Lockett fell short of the humane standards required.

Gov. Mary Fallin, who said Lockett had his day in court and the legal process worked, said a stay for Charles Warner, who had been scheduled to die two hours after Lockett, is in place until May 13.

Lockett, 38, had been declared unconscious 10 minutes after the first of three drugs in the state's new lethal injection combination was administered Tuesday evening. Three minutes later, he began breathing heavily, clenching his teeth and straining to lift his head. Officials later blamed a ruptured



Clayton Lockett
THE ASSOCIATED PRESS FILE

vein for the problems.

The blinds eventually were lowered to prevent those in the viewing gallery from watching what was happening in the death chamber, and the state's top prison official later called a halt to the proceedings. Lockett died of a heart attack shortly thereafter. THE ASSOCIATED PRESS

Syrian crisis

Airstrike hits school in Aleppo, killing at least 19

A Syrian fighter jet struck a school with a missile in the opposition-held part of the northern city of Aleppo Wednesday as teachers and students were preparing an exhibit of children's drawings depicting their country at war, killing at least 19 people, including 10 children, activists said.

Parts of the two-storey Ein Jalout school appeared to have been completely smashed, according to activist videos.

THE ASSOCIATED PRESS

Russia

Fire at military warehouse leaves 10 dead

Russia's Defence Ministry says 10 people have died after a fire broke out at a military warehouse in the Siberian Baikal region.

In a statement published early on Wednesday, the defence ministry said 10 people who were travelling in a truck near the depot when the fire broke out late on Tuesday were found dead. Two of the victims were military personnel while the other eight were civilians who worked at the base.

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Goodbye, Earth ...

Pioneers. A one-way ticket to Mars means the hopefuls will have to bid goodbye to their planet and loved ones



JEREMY NOLAÏS
Metro in Calgary

In all likelihood, the first tickets to the Red Planet won't come with the guarantee of a return trip.

For those on the maiden Mars voyage, it could mean goodbye forever to loved ones and the comforts of home.

"Wait, wait — there's not a Starbucks on Mars?" questioned prospective astronaut Tyler Reyno, his tongue planted firmly in cheek.

Laughs aside, Reyno, who hails from Lower Sackville, N.S., admits his quest to propel the human race towards an inter-planetary lifestyle would come with some major sacrifices.

But the 21-year-old remains determined to land a spot among the final 1,000 candidates to be a part of the Mars One mission, which is being steered by a deep-pocketed entrepreneur and has a goal of settling on the planet's surface in the year 2023.

Reyno is also in the early stages of launching a Canadian

rocket company — Open Space — and has attracted hundreds of followers on social media to his Send Nova Scotia to Space campaign.

"It's a life of purpose in place of a life of comfort," he said. "I find it strangely alluring where every second is a second of survival and challenge and testing. Space exploration is probably just the greatest thing I could ever accomplish."

Calgary engineer Zac Trolley also counts himself among those on the Mars One shortlist and already appears to be on a mission of sorts, one that may prove just as important as one day strapping himself into a skyscraper-sized rocket bound for a new world.

Since learning of his Mars finalist status, he's embarked on a speaking tour, discussing the potential of inter-planetary settlement with working peers, more than 20 elementary-school classes and "whoever else will listen."

Trolley anticipates society being on the verge of a new-age space race, where entrepreneurs with deep pockets will let their imaginations — and their money — run wild.

But he fears there's a lack of Christopher Columbus-eque spirit among many he meets. Save for a few adventurous cavers and deep-sea divers, Trolley said most people are content with going about their

day-to-day lives with little care for what may lurk in the dark abyss of the solar system.

"I've had people say 'How dare you? You shouldn't do that,'" he said. "(It's) fear. People are scared of what they don't understand."

"We always have to push boundaries," he continued. "We would have never left the caves and our small villages if people didn't wonder what was over the next hills. And I'm sure, back then, there were people saying, 'No, don't go over those hills — there be dragons.'"

Trolley's parents are worldly explorers themselves. As such, father Gary Trolley said he understands his son's desire to literally go where no man has gone before.

"It will be, in many ways, a sad day to say goodbye," he said.

"He keeps telling us he will be able to communicate with us, but it's not the same thing."

"We try to instil in our children: find a dream, find a passion and go for it — Zachary's chosen a big one," Gary added.

Zac said some have asked if he'll plan his own funeral before embarking to Mars.

"It's such rubbish," he said. "If I was cut off, my friends and family would know that I was doing what I loved doing — doing what I was meant to do. Could you wish anything better on someone than that?"

... Hello,

A human expedition to Mars is proposed within the next 15 years. Metro takes you on an exploratory trip to find out just why life on the Red Planet is so alluring, and what awaits us in the future.



Calgary artist Bryan Versteeg started working on the Martian space habitat after he was approached by the founders of the



A world to gain

"People say, 'Why would you leave everything on Earth behind?' I tell them, 'Because I'm getting an entire planet.'"

Zac Trolley, Calgary engineer and potential Mars voyager

Calgary engineer Zac Trolley admits he has many comforts readily available both inside and near his bachelor pad, but said he's always dreamed of doing something more with his life. He's among those hoping to secure a ride to Mars or an asteroid as a new-age space race appears primed to ignite. JEREMY NOLAÏS/METRO IN CALGARY

Keeping astronauts

Just because there's zero gravity doesn't mean you can skip the gym.

In fact, the Canadian Space Agency (CSA) recommends its orbiting astronauts work out for two hours each and every day they spend aboard the International Space Station. Squats, treadmill runs, the daunting bench press, you name it — exercising is seen as pivotal to helping combat the loss of muscle mass and bone density that plagues astronauts who no longer require anything to support their weight.

Then comes food, and

Natalie Hirsch, project officer in the CSA's life sciences and space medicine division, is quick to point to a potential struggle with keeping astronauts fed for the duration of their jaunt to Mars and the subsequent time it takes up to, say, start farming, once there.

Estimates have suggested the journey to the Red Planet will take seven months alone and the "thermo-stabilized" foods stored aboard ISS only keep for about a year.

Fresh fruits and vegetables go bad after a week — making it a real treat

for astronauts every time a new shuttle packed with a cart full of apples docks at ISS.

Then there's the potential for picky eaters.

Hirsch said there are anecdotal reports of astronauts' dietary preferences changing once they leave the planet, although no formal study has been done to determine why.

"We do have people saying 'I love spinach' on the ground and when they get into space the same spinach they tested pre-flight is just not as tasty," she said.

JEREMY NOLAÏS/METRO IN CALGARY

Mars

Mission to Mars: Day 2

- **Day 3, Friday:** OK, so we've landed. Now what? Will there be taxes, a government? (So many questions, but we've got some answers); plus we talk to a real-live guinea pig.
- **Online:** Go to metronews.ca for videos on life — including good hygiene — in space

A day in the life of a space settler



A general view of a "Space Toilet" is seen in a "Space Habitation Module" at Miraikan, The Emerging Museum of Science and Innovation, in Tokyo, Japan. GETTY IMAGES

And you thought you had bathroom issues

The toilet aboard the International Space Station relies on airflow instead of gravity to contain excrement. Urine is mixed with other wastewater, purified,

and then returned to the drinking water supply. Solid material, meanwhile, is gathered, exposed to the harsh climate of space to destroy bacteria — and the associated smell — and then eventually jettisoned into space when a large enough amount has been gathered.

Astronauts don't cry ... no, really

There's no crying in space. Because of the zero gravity atmosphere, space explorers' tears don't fall; they just form water bubbles and stay there until removed.

Wow, you really need a (sponge) bath!

Sponge baths, not showers, are generally the best method to exercise personal hygiene aboard a space shuttle or station.

Hey, old chap. Got the time?

Canadian astronauts in space and those manning the mission back on Earth generally follow Greenwich mean time, meaning they keep the same hours as your average chap living in London, England.

JEREMY NOLAIS/METRO IN CALGARY



fed and fit is no picnic

How not to let yourself go ... in space

To get a sense of what exercise gear could go with astronauts on their mission to Mars, here's the equipment used aboard the International Space Station:

- **The cycle ergometer:** Works similarly to a stationary bike and comes complete with a back-support plank and hand holds to keep the astronaut on the machine.
- **The treadmill:** Unlike your

run-of-the-mill basement device, the ISS treadmill features a bungee and harness contraption to tie the astronaut down. The bungees are then set to put a load on the astronaut that is progressively increased throughout the mission, making their space run more difficult.

- **The ARED:** This device mimics weightlifting on Earth by utilizing vacuum cylinders that can be adjusted to



Jeff Fortuna is testing a treadmill developed at NASA to simulate weightless exercise that can be used to keep astronauts in shape. THE ASSOCIATED PRESS FILE

create up to 600 pounds acting against astronauts

performing squats, dead lifts, and so on.

Schools up to code. Kids get with the program

It's still small, but there's a movement afoot to teach coding to Canadian kids at school.

Given the increasingly important role that technology is playing in today's culture, business and everyday life, children should be exposed to computer tools as soon as possible, according to Leroy Vincent, a technology and art specialist at the River Valley Middle School in Grand Bay-Westfield, N.B.

Vincent has made it his mission to have every one of the school's 340-odd Grade 6 through Grade 8 kids exposed to computer programming.

"Everything in the world now is computers and everything is programming. I'm not saying every kid is going to be a programmer, don't get me wrong, but every kid has got to be exposed to it," says Vincent.

"We want to make sure every kid understands what it is, and if they understand what it is, they'll know whether they're interested or not."

In Ottawa, a program called TechU.me is pairing Grade 10

students with Grade 3 kids in a project to have them all learn more about coding. The younger kids come up with an app concept based on a subject they're currently studying, and the older students bring that idea to life.

"The apps are basic, but what we like to say is that the app is not the end goal, it's the process of creating the app that really is the biggest lesson for the students involved," says program manager Maria Smirnoff.

A similar program is now being launched in Waterloo, Ont.

"We show (educators) the linkages, how these projects actually meet and exceed every curriculum outcome they're mandated to teach," she says.

"Sometimes it requires a little more hand-holding, but in other cases, the teachers are so enthused by the opportunity to have their kids do something so exciting and authentic and genuine that it's really a no-brainer."

THE CANADIAN PRESS

Wichita, Kan.

Everything and the kitchen sink stolen

Thieves have made off with most of the kitchen finishings in a model home in Wichita, taking all the upscale appliances, the wooden cabinets from the walls, even the sink.

General manager Kevin McCracken said the model unit was nearly ready for display when the theft occurred.

The missing appliances, cabinets, counters and sink, along with the cost of repairing the damage, amounts to a loss of several thousand dollars.

THE ASSOCIATED PRESS

Oil-bearing train derailed and burns in urban area

Lynchburg, Va. Buildings evacuated after tanker cars derail, spilling crude oil

Authorities were forced to evacuate a number of buildings Wednesday after several tanker cars carrying crude oil derailed in downtown Lynchburg, Va., and caught fire along the James River.

The City of Lynchburg posted on its website that the fire department was on the scene, and urged motorists and pedestrians to avoid the area. It tweeted that the tanker cars were carrying crude oil and that three or four of them were breached. The city said 13 or 14 tanker cars were involved in the derailment.

No injuries were immediately reported.

Photos and video show several black tanker cars derailed amid extensive flames and smoke.

"We're used to kind of bangs and booms," said

Quoted

"There is a very high risk here that hasn't been addressed."

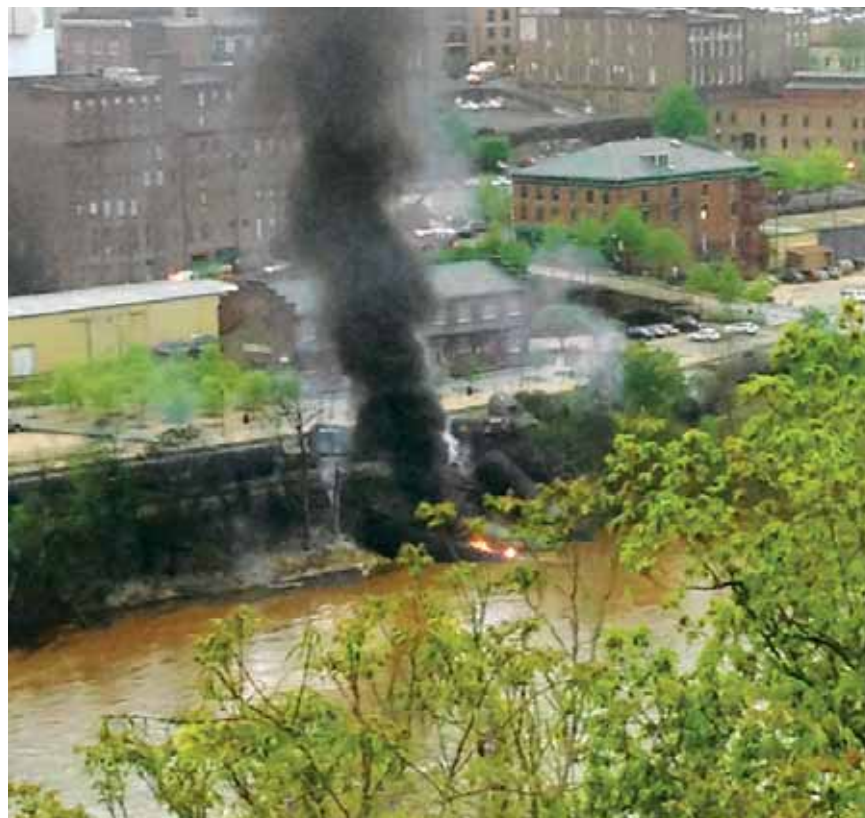
Deborah Hersman, Transportation Safety Board chairwoman, last week in Washington, speaking on rail transport of volatile chemicals

Gerald McComas, a security officer at the Griffin Pipe Foundry upriver from the derailment site. "My first thought was it sounded like one of the guys started a

motorcycle and then a realized, wait a minute, no ... that was more of a boom. We walked outside and there was the smoke rolling in."

A phone message left by The Associated Press with the Lynchburg Police Department wasn't immediately returned.

THE ASSOCIATED PRESS



Smoke rises after several CSX tanker cars carrying crude oil derailed on Wednesday in downtown Lynchburg, Va.

THE ASSOCIATED PRESS

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THE DIFFERENCES ARE STILL CUTE

My relationship with my girlfriend still has that new-courtship smell, so we find our differences fun and enjoyable.

For instance, she recently said, "Do you want to see the new shoes I bought?" and I said, "Yes." I know.

Society rightfully finds these attempts to take an interest in each other disgusting, but we don't care because we're surrounded by The Forcefield of Love, which filters out negative thoughts and nauseated glances.

That said, I didn't realize the huge gulf between us until she sent herself packing.

No, she didn't leave me. She moved to a new apartment.

And, let me tell you, she moves like Jagger, assuming Mick has an ace moving company and excellent organizational skills.

My girlfriend was moved into her apartment with Internet hooked up, everything unpacked, and a new bed made in both



HE SAYS

John Mazerolle

metronews.ca

senses, all by mid-afternoon. Compare that to me, who took two months to get Internet, four years to unpack (there's been little call for kitchen utensils, less for oven cleaner) and a bed that isn't made in either sense thanks to unconstructed Ikea drawers. Our approaches to apartment moving and living are very different, but in the spirit of these effortless early days, I can see the value in both. Observe:

Planning, her way: She moves from room to room, planning which items will go in which boxes. **Advantage:** She is in full control of the move. **Planning, my way:** I move from room to room, planning which items will go into which boxes until the night before when I look up from the couch and say, "Oh right, the kitchen!" **Advantage:** I work better with a deadline.

Packing, her way: She followed the Bush Doctrine and had her old apartment pre-emptively packed before her belongings expected anything. We walked among the stacks of boxes for a

couple of weeks like we were in the last shot of Raiders of the Lost Ark. **Advantage:** Unpacking was easy thanks to her fastidiousness. She knew which box Schrödinger's cat was in, and whether it was alive or dead. **Packing, my way:** I skipped over the boxes during my last move by choosing an apartment in the same neighbourhood and throwing my stuff at random into a wheelbarrow. **Advantage:** This was quick, easy and allowed me to say that I have used a wheelbarrow.

Insects, her way: Her tolerance for bugs is low, but if they were in her apartment, she would remove them by neatly stacking them in a clearly labelled box reading, "Hexapoda." **Advantage:** Cleanliness is good in an apartment, I've heard. **Insects, my way:** When I came back from a European vacation and discovered that a creepy crawler had joined me in bed and chewed on me throughout the night, I decided I would simply not go into the bedroom for several months in hopes of starving it out. **Advantage:** It worked.

So there are upsides to both my girlfriend's approach to life and mine. Hopefully, she feels the same way and will never send me packing. If she does, I'll have to borrow a wheelbarrow.

ZOOM

Suburbia's crop circles



A "master planned community" in Maricopa County, Ariz. CHRISTOPH GIELEN/CIPHERS

Q&A

"We need to decipher them"



CHRISTOPH GIELEN
Artist/photographer,
46, based in New York

In his book Ciphers, photographer Christoph Gielen helps us grasp the impact our households have on the landscape with his aerial shots of suburbia's unusual shapes.

Here's what he had to say about his work:

What inspired you to do this project? I wanted to do something that would be compelling and grab people's attention. Back in 2003, I was doing some aerial photography of controlled implosions in Scotland when I got the idea for the urban-sprawl project — to photograph different suburban developments across the U.S., from Nevada to Florida, from an airplane.

What did you see up there? The most unusual patterns imaginable. I could make out different floral shapes and de-

signs that resembled a spider's web. But what I captured are places that are totally unsustainable.

So you're pointing to some social message? Yes, I want to trigger a discussion. We are all worried about the environment and climate change, and I wanted to place this concept of car-centric urban sprawl at the heart of the debate.

They look like concrete crop circles to me. It's very ironic that many of these patterns are floral or organic-looking, but there is very little sustainable or environmental about these developments. **METRO**

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 9 in News, page 18 in Scene, page 24 in Life and page 26 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

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MetroTube

Hamster gets served tiny labour of love



ANDREW FIELD
metronews.ca

Burritos tend not to be the most delicate of foods, what with the overflowing contents breaking through the wrap to leave an incriminating trail down your hands.

Since most of us don't have the skilled hands of a surgeon, that's the role burritos are destined to play in our lives. This guy, however — this guy is capable of truly trim and tidy burritos. Why do that, you ask? To feed them to hamsters, of course!

(Via Hello Denizen on YouTube)



SCREENGRAB

Inside Dallas Green's head

City and Colour.

The modest indie rocker talks Coachella, his new album and coming home to Canadian fans



BACKSTAGE PASS
Jenna Conter
halifax@metronews.ca

Coming down from Coachella, one of the most well-known music festivals in the world, into a sold-out show at the Metro Centre this Saturday night, it's endearing to hear City and Colour's Dallas Green undercut his own success.

Canadian stereotypes aside, Green admittedly needs to spend less time on developing his strengths as a guitarist and songwriter, and focus more on developing an artistic ego.

"There's always two shows going on: there's the personal nightmare that's going on inside my head while I'm playing and the show that's going on outside," he said during a recent phone interview. "I'm pretty hard on myself."

It's only been a few weeks since Coachella's double-weekend music fest came to a close and even with positive reviews swirling, Green remains level-headed to the point of self-conscious when it comes to his status alongside the American-born artists that performed with him state-side.

"Being an independent, there is no real 'machine' behind what I do — it's just me — so when you get a spot on the main stage in the middle of the day during



City and Colour's Dallas Green will be playing to a sold-out Halifax audience on Saturday night. CONTRIBUTED

one of the biggest festivals of the year, it's surprising," he said. "I'm not saying the organizers made a mistake, I just don't expect things like that happen for me in America."

Now onto the Canadian leg of his tour, Green looks forward to being welcomed with open arms. Touring with his latest album, *The Hurry and the Harm*, which dropped April 1, Green is joined onstage by a live band.

This former Alexisonfire guitarist has maintained rotating accompaniment since

he branched out on his own to create City and Colour. With this new band, he says, not only does his latest album satiate his fan's appetite for fresh material, but "all of my old songs are now new again — having new life breathed into them."

The difficulty of writing an album with material to be performed by a live band proved a welcomed challenge for Green. Sampled and created for the most part in his basement, this, his fourth studio album, came together during the recording process in Nash-

ville. In a town filled with skillful musicians and world-class recording studios, this St. Catharines, Ont., native worked together with his selected bandmates, taking care to mold the musicians around the music — a delicate process Green takes seriously.

Happy to be home, Green looks at the Canadian leg of his tour as the "crown jewel — this is the thing I look forward to the most in my life." In his first headlining arena tour, a massive achievement even this modest musician can appreciate,

he can't wait for the Canadian "sense of warmth that flows over me — I just feel welcome. I just feel home."

Don't miss the music

What: City in Colour, with special guest Half Moon Run

- Where: Halifax Metro Centre
- When: Saturday, 8 p.m.
- Tickets: Sold out.

2
SCENE

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James Blunt gets a little more personal with Moon Landing

Moon Landing. 'This album is the album I would have written and recorded if the other albums hadn't sold the way they did'

PAT
HEALY

Metro World News in Boston

James Blunt has come to terms with the success that made him a household name almost a decade ago. And with his new album, *Moon Landing*, he says he was finally able to produce a collection of songs that are almost a logical extension of his 2004 debut, *Back to Bedlam*.

"This album is the album I would have written and recorded if the other albums hadn't sold the way they did," he says. "These are songs that are personal — I suppose a great example is you might take *Goodbye My Lover* on the first

album, it's opening yourself up — and then to have it be a commercial success, you also get a lot of criticism."

When the topic of criticism comes up, James Blunt reveals his acid tongue in a hilariously fast rant.

"I'm not singing manly songs about how big and strong I am, so people say that it's a little bit wet and delicate, words that you don't want to be described as, like romantic," he says.

"So maybe I didn't want to open up that way and accept that type of criticism. But I realized, you know what? Some terrific guy that is up onstage singing about how big and strong (he) is, he was led to that stage by six big and strong security type guys, and I'm not.

"I walk through (the) audience. I don't sing songs about how big and strong I am; I was in the army for six years, and I know how perfectly strong I am. I was in the war and I know how hard and rough it is to get

in a serious fight.

"So instead of singing about that, I sing about my weakness. I don't sing about my successes and how rich I might be — I sing about my failures, my hopes, my fears; these things are much more braver to sing about.

"Any critique you have is probably from one guy in his bedroom with his trousers around his ankles in the shadows, feeling brave as a result. You put the spotlight on him and he'll probably shit himself."

It's taken a while for Blunt to come to this level of disenfranchised acceptance of his critics and audience.

"My first record I cut to try and get a record deal, and I did," he says. "I made the album as an innocent and naïve recording, then being on that indie label as I was, it became mainstream with one song that the whole world knows.

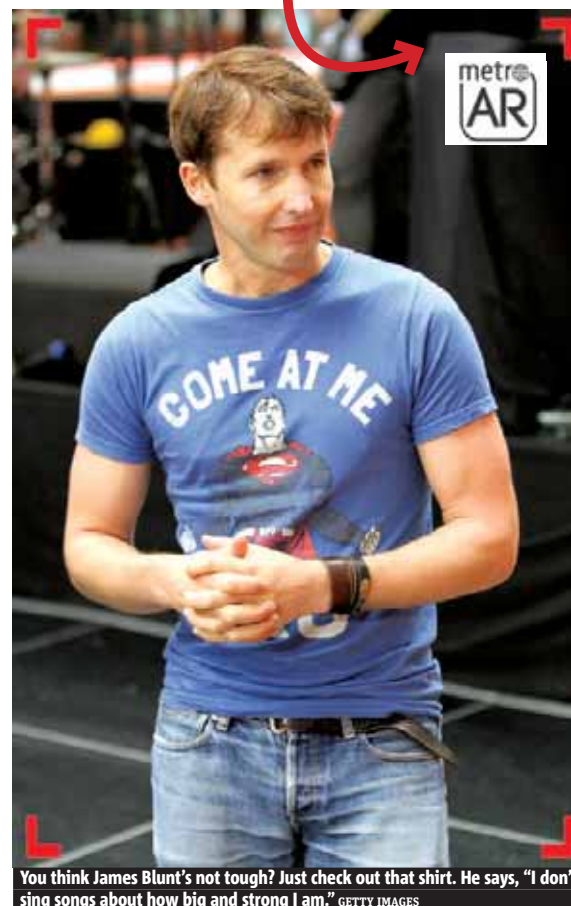
"And because of that I wrote a reactionary album called *All*

the Lost Souls. It wasn't written to embrace the new audience I had. It was dark, and I was kind of unhappy being thrown into the public eye like that and that's why it's called *All the Lost Souls*. It's not a happy title.

"And then the third album I did embrace it more, there's fun to be had as a pop star, and so I wrote songs for my arenas and it made a third world tour great fun. But with all the fun that the tour was and how special it made that tour, it wasn't nearly as fulfilling as when you are writing something much more personal."

One particular song on the new album which feels especially personal is *Miss America*, a tribute to the late Whitney Houston.

"What was interesting and tragic about her was that the insight into her life overtook her talent and then it just became about her tragedy and her story, but it was also about how we speculated that and her story is not unusual," says Blunt.



You think James Blunt's not tough? Just check out that shirt. He says, "I don't sing songs about how big and strong I am." GETTY IMAGES

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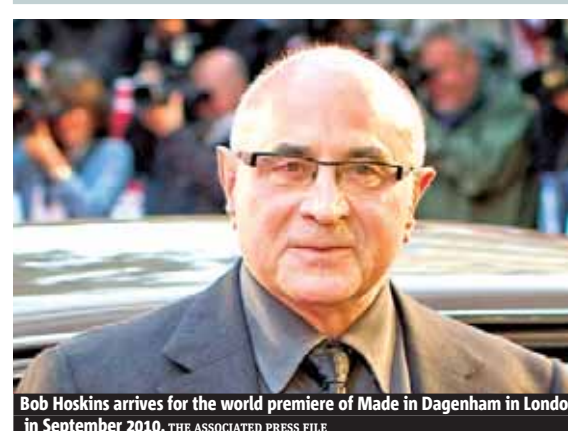
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Bob Hoskins arrives for the world premiere of *Made in Dagenham* in London in September 2010. THE ASSOCIATED PRESS FILE

Bob Hoskins. Renowned actor dies of pneumonia

Bob Hoskins never lost his Cockney accent, even as he became a global star who charmed and alarmed audiences in a vast range of roles.

Short and bald, with a face he once compared to "a squashed cabbage," Hoskins was a remarkably versatile performer. As a London gangster in *The Long Good Friday*, he moved from bravura bluster to tragic understatement. In *Who Framed Roger Rabbit*, he cavorted with a cast of animated characters, making technological trickery seem seamless and natural.

A family statement released

Wednesday said he had died in a hospital the night before after a bout of pneumonia. He was 71 and had been diagnosed with Parkinson's disease in 2012.

Helen Mirren, who starred with Hoskins in *The Long Good Friday*, called him "a great actor and an even greater man. Funny, loyal, instinctive, hardworking, with that inimitable energy that seemed like a spectacular firework rocket just as it takes off."

"I personally will miss him very much, London will miss one of her best and most loving sons." THE ASSOCIATED PRESS

Netflix

New Daredevil show part of Marvel-verse

Marvel's upcoming Netflix TV series *Daredevil* will display "some interconnectivity" with other films and TV series from the Disney superhero line and is to follow the release schedule pattern set by *House of Cards*.

Speaking to filmmaker Kevin Smith for *Fat Man On Batman* podcast #67, Marvel chief creative officer Joe Quesada revealed that *Daredevil* would not only slot into the same fictional universe inhabited by *The Avengers*, *Iron Man* and *Captain America*, but that the season's release schedule would fall in line with other Netflix original content.

"You're going to get all these episodes, and you can binge-watch them however you want," Quesada said, making connections to the way that Netflix's *House of Cards* seasons have been distributed.

Daredevil is the first of five Marvel-centric TV series planned for Netflix.

AFP



Donnie Wahlberg ALL PHOTOS GETTY IMAGES

New Kids on the Boat: Nineties group hits the high seas for reality show

Whoever thought up this reality show should get the Nobel Prize. It combines everyone's two favourite things: '90s nostalgia and the high seas. New Kids on the Block, the original '90s boy band, are reuniting for a reality show on a boat. Cable network TVGN is developing Rock This Boat, a show about the reunited NKOTB setting sail with die-hard fans for a week of partying. Sounds like a thin premise for a show, but I assume

they will also be fighting pirates, exploring uncharted waters and searching for buried treasure. That's what people on boats do, right? Rock This Boat will air next season. It will be executive produced by Donnie Wahlberg, NKOTB member and brother of Mark Wahlberg. The latter is probably jealous that his career is thriving sufficiently that he does not get to go on a boat to revive it.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Wanna marry Prince Harry? The royal is single again

MELINDA
TAUB
Metro World News

Did you know there's a reality show called I Wanna Marry "Harry"? It's a Joe Millionaire-type deal, where a bunch of women compete for the affections of a random ginger Englishman they've been told is Prince

Harry. It's incredibly mean, but those contestants may have the last laugh: Harry is, in fact, single again, and available for marrying. I hope one of them snags him.

Prince Harry, the fun-loving royal currently fourth in line for the English throne, has reportedly split from his girlfriend Cressida Bonas, according to the Daily Mirror. The move comes as a surprise: Earlier this year, the two were said to be getting serious and many royal watchers expected them to get engaged.

Twitter



@mindykaling
my head is too heavy it flattens even the firmest of pillows



@ricky_martin
You have to believe that in the end, all the dots are going to connect.



@SarahKSilverman
Mississippi is such a great place to live if you don't have a vagina



Renée Zellweger

Did Demi give Renée her plastic surgeon's digits?

Renée Zellweger is reportedly worrying herself senseless about mounting a career comeback — and has turned to Demi Moore for help as a life coach, according to Star magazine. "Unless she pulls herself together, Renee's acting future looks very uncertain. Renee is in therapy dealing with her

anxiety about appearing on camera again after a string of embarrassing movie flops," a source says. And reactions to the Bridget Jones Diary star's recent rare public appearance certainly aren't helping matters. "The mixed reaction to her transformation has unnerved Renée in a big way," the source says. "Pals are convinced it was Demi who gave her her plastic surgeon's number, thinking it would give her a confidence boost." That plan, it seems, has backfired.

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Tech is on trend

If X-Men made sportswear, this is probably what it would look like. The next generation of athletic style is teched out and high on hybrids.

METRO WORLD NEWS



Who knew that X-Men: Days of the Future Past could teach us a little bit about what's fashionable in the present. CONTRIBUTED

Zara

Sweatshirt with faux-leather appliqué, \$59, zara.com



Saint Laurent

Metallic bomber jacket, \$1,224, farfetch.com



ASOS

BLACK Printed panel T-shirt, \$38, asos.com



COS

Technical jersey trousers, \$76, cosstores.com

Raf Simons x Adidas

Sneakers, \$440, mrporter.com



Gadgets meet garments online

High-tech, high style. Amazon opens up shop to consumers who want wearables that work for them

Just as it did for the smart home, the online retailer has launched a storefront dedicated to wearable technology devices.

Focused as much on educating consumers as on selling products to them, The Amazon Wearable Technology portal has gone live as

part of its U.S. site.

It organizes devices across five categories: fitness and wellness; health-care devices; wearable cameras; smart watches; and family, kids and pets; but it also features buying guides, a video library of tutorials, featured or spotlight products and an editor's corner blog.

In September, Amazon launched a dedicated web portal for home automation and smart home products along the same lines, aiming to demystify the technology and help consumers

to make informed decisions about the products that best suit their needs and their lifestyles.

There's little doubt that the buzz around wearable tech devices is building and building, but so far that buzz doesn't appear to have translated into huge consumer demand.

With the exception of fitness trackers, the latest crop of smart watches has failed to generate much in the way of sales. Juniper Research estimates that 15 million wearable health and fitness devices were sold in 2013



Will you be ordering up your share of smart style? CONTRIBUTED

and believes that by 2018, that number could be as high as 100 million. AFP

Baffle bushy-tailed bandits with your own brand of cheek

Outwitting Squirrels. Humourist's updated collection of tips includes the simple, the sophisticated and the just plain silly

They're vermin to some, cunning adversaries to others.

Squirrels have long been a source of fascination and frustration for gardeners and bird enthusiasts engaged in a near-constant battle to keep them away from the nuts and seeds put out for birds.

Greased poles. Loud music. Motion-activated sprinklers. Bill Adler Jr. has heard it all, and tried many.

The 57-year-old humour writer has been collecting tips to keep squirrels from avian meals for three decades, and recently updated his 1988 book, *Outwitting Squirrels: 101 Cunning Stratagems to Reduce Dramatically the Eggregious Misappropriation of Seed From Your Birdfeeder by Squirrels* (Chicago Review Press), for a third edition.

The most important thing to know? While technology has changed, squirrels still have little else to do all day but strategize.

And they're good at it. "There's no one technique that works for everyone," Adler says.

Try a few tactics, and be willing to change. Most of all, Adler says, don't sweat it too much. "I have to admit, I care a little less (these days).



The Eliminator bird feeder protects your bird seed from persistent squirrels via technology that closes the seed ports based on the weight of the intruder standing on the perch ring. WILD BIRDS UNLIMITED/THE ASSOCIATED PRESS

I care in a different way," he says of his squirrel strategy.

Squirrels still eat more from his bird feeders than the birds do, but, he says:

"I don't mind that I personally don't always win. I enjoy outwitting them, I do. But these days, I win the battles and not the war."

Here are some tips (some serious, some not) from Adler and others to bring a little harmony to your backyard:

The natural

Resigned to the fact that

squirrels are going to call his Washington, D.C., yard home, Adler puts out some unsalted mixed nuts along his steps.

"If you feed them, they will tend to leave the bird feeder alone," he says.

Squirrels also love corn, so if you don't want them invading your feeder, keep your birdseed corn-free.

You can try filling your feeder with safflower seeds, which are high in fat and protein.

"Many favourite backyard birds favour safflower seeds,

but squirrels typically do not," says John Schaust, chief naturalist for Wild Birds Unlimited.

The technical

These days, there are motion-activated outdoor cameras if you want to monitor your feeder, and even motion-activated sprinklers to douse offending squirrels.

"Squirrel-proof" bird feeders abound. The best, according to Adler and other experts, are those that sit on a five-foot pole and are cov-

Nuts to you

Cray cray ways to drive 'em away

Adler devotes a chapter of his book to his own misadventures with squirrels, dating back to his bachelor days, when he first moved to Washington from New York. Wanting a pet in an apartment building that didn't allow them, Adler invested in a bird feeder.

"The next day I got a squirrel, which was not part of the instructions," he says.

He tried yelling, coated the bricks of his building with Teflon, squirted the squirrel with water, and even rolled out some stainless steel spikes. But nothing worked.

After hearing similar stories from other frustrated bird lovers, Adler decided to pen the first edition of his diatribe against the rodents. Also included in the book

are feeder ratings, ways to attract certain birds and 101 "cunning stratagems" to keep squirrels at bay. Some are practical. Most are hilariously ludicrous.

Some of the more entertaining strategies:

- Dig a moat around your feeder. Fill it with piranha.

- Trap squirrels and send them to Antarctica.

- Encourage your neighbours — and what the heck, your local government — to use drones to monitor and, ahem, deal with squirrels.

- Buy a squirrel costume.

Parade around your yard wearing it. Squirrels can't figure out what in the world is going on and it drives them away.

- Buy some lasers and set up a hologram show in your yard. Make holograms of cats and hunters.

- Cry. Maybe the squirrel will feel sorry for you and go away. **THE ASSOCIATED PRESS**

ered with a plastic dome or "baffle" that's hard for squirrels to cling to.

If you want to get even more high-tech, there are weight-activated feeders that actually cover up the feeding ports when a squirrel latches on.

"Squirrels are foiled, but not harmed in any way," Schaust says.

While some particularly wily squirrels have been known to scratch up the pole

and baffle enough to gain access, bird enthusiast Barbara Bergin of Austin, Texas, has a slippery solution: Petroleum jelly.

She actually greases the pole her feeder hangs from with Vaseline every now and then, and says it works like a charm.

"As a bonus, it's also fun to watch the squirrels slip off the hanger," the 60-year-old orthopedic surgeon quipped.

THE ASSOCIATED PRESS



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metro

HOME RENOS

Thursday, May 1, 2014

Before you nail it down...

Plan your renovation. Experts suggest you consider timing, alternate accommodations

JENNIFER
TAPLIN
For Metro

Home renovations, big or small, require a lot of advance planning.

Homeowners need to thoroughly plan and choose what they want for their project before they pick up a phone to call a contractor. Meghan Riopel with Jameswood Homes in Calgary, said

homeowners should pick out the general components of the project and can nail down the specifics with a contractor.

"What are the things you want in your home? These are good to know because it really delays a project if you don't have that decision making," she said.

The timeline varies for each project, but if work

Think about how a renovation will impact a future sale. If there isn't much foreseeable value, then a coat of paint could be the answer. SHUTTERSTOCK

needs to be put on hold in order to make additional decisions and planning, it can take a lot longer, she said. Construction season is spring, summer and fall, but Riopel said it doesn't mean it's the best time to hire a contractor. Sometimes winter works best because contractors are less busy and

are more available.

"And people should be aware they'll be living in a state of dust and make alternate living arrangements during the renovations or prepare to have their lives upheaved."

The Canada Mortgage and Housing Corporation advises homeowners not to

go overboard on renovations unless they plan to stay in their homes for many years. Over time, many renovations can pay for themselves through savings on utility bills as well as adding greater resale value.

Before ripping down walls or ripping up the floor, CMHC says it's a good

idea for homeowners to ask themselves how appealing the renovation would be to a buyer in the future. If the answer is not encouraging, paint may be the answer. It's fairly inexpensive, especially compared to new flooring or structural changes, and can give a dramatically different look to the home.

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Finances. Make your reno a reality

JANE
DOUCET
For Metro

Just as there are many reasons to renovate a home — including to save energy, make room for an expanding family, increase resale value or improve safety — there are several ways to finance the renovation.

According to the Canada Mortgage and Housing Corporation (CMHC), whether you plan to self-finance or borrow money, you should talk to a fi-

nancial adviser and your bank before you make firm plans.

CMHC lists the following home reno financing options:

Yourself: You may be able to save enough money to pay for a small reno outright. This is often possible if you plan to do the work yourself, which means you will only have to pay for materials.

Credit card: You can use a credit card for smaller renos. Just be careful not to carry

the balance for too long because interest rates can exceed a whopping 18 per cent.

Personal loan: You will pay regular payments of principal and interest for a set period, typically one to five years. You also have the option of a fixed or variable interest rate for the loan's term.

Personal line of credit: This is ideal for ongoing or long-term home projects because you can access your funds at

any time and you will receive a monthly statement to help track expenses.

Secured lines of credit and home equity loans: These are secured by your home's equity and offer preferred interest rates. However, initial set-up costs, including legal and appraisal fees, usually apply.

Mortgage refinancing: This option lets you spread repayment over a long period at mortgage interest rates.



"My picket fence is... ...making this home our dream home."

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Building the dream



Homeowners are choosing eco-friendly paints and finishes. SHUTTERSTOCK

Eco-friendly upgrades can save you cash

JANE DOUCET
For Metro

There's no question that home renovations are big business and that more and more people want their renos to be planet friendly.

"For the last five years we have seen a major increase, year over year, of homeowners requesting eco-friendly products in both their new homes and renovations," said Joe Geluch, the president of Naikoon Contracting Ltd., a North Vancouver-based company specializing in green builds.

Try some of these planet-friendly upgrades:

Triple-glazed windows: Geluch

and his crew have installed triple-glazed windows in at least half of the homes they have built this year. "They help keep the heat in and reduce annual heating costs, in some cases by 80 per cent," he said.

Solar panels and solar thermal: There has been a spike in the demand for solar products. The costs have come down substantially over the years, making it more affordable to install on homes.

"People love the energy savings that goes along with solar," Geluch said.

Non-toxic products: Homeowners are choosing low-VOC (volatile organic compound) paints and finishes,

plus non-toxic/non-off-gassing products. "Hard-surface flooring throughout homes along with radiant heat and a heat-recovery ventilator makes for a premium comfortable home for anyone with environmental sensitivities," Geluch said.

Low-flush plumbing fixtures: "These are becoming the norm and we always install the lowest available," Geluch said. People like these fixtures because they understand there is no need to waste water. Geluch has recently begun installing a grey-water system, which collects water run-off from showers and baths, then pumps it into toilets.

Seven reno tips

YLVA VAN BUUREN
For Metro

Whether you are preparing to sell your home or putting it into better shape for your own living pleasure, here is a guide to the value of renovations.

1 Kitchen: Any type of kitchen renovation, from modern cabinetry to under-cabinet lighting to new appliances, gets a thumbs up from experts. Justin Havre, CIR Realty, Calgary, said spending between 10 to 15 per cent of your home's value for a major kitchen reno should get you a potential return of upwards of 40 per cent or more if you sell even five years down the road.

2 Bathroom: This is the next most valued reno-

Simple idea

"A fresh coat of paint will get you the best return on your money."

Justin Havre, CIR Realty, Calgary

vation. For resale, add a new bathroom if your house only has one.

3 Income suite: Homeownership.ca says adding a granny suite is a great way to increase the value of your home. But it can cost \$40,000 to \$50,000 to renovate a basement, said Brian Ross of Re/Max Hallmark Realty, Toronto. "It's not a guarantee you'll make it all back if you sell."

4 Paint: A fresh coat of paint will get you the best return on your money, Havre said. "In the resale

market, you can see upwards of 110 per cent return."

5 Repairs: Do the obvious necessary renovations, such as replacing a deck if the wood is rotten, which can impact the overall value of your home.

6 Green Living: The Appraisal Institute of Canada says energy-efficient renovations have a high return relative to cost for you or for resale. Homebuyers like safe and environmentally friendly features, too, such as wood floors, efficient toilets and showers, and low VOC paint.

7 Vinyl siding: This is another fairly inexpensive renovation that will do a lot to spruce up the outside of your home, according to the website houseimprovements.com.

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This recipe serves six. JULIE DANILUK

Barney and Purple People Eater would surely approve

Hempy Purple Coleslaw. Not only does this dish have the same awesome hue as some memorable characters, it's also delicious and nutritious

"The zip in this recipe is from the tangy sour flavour of the sauerkraut," writes Julie Daniluk in *Slimming Meals that Heal*. "Look for unpasteurized sauerkraut in your local health food store, as the natural process of fermentation creates beneficial probiotic bacteria."

"I love Ambrosia apples because they are slow to brown when cut and are ideal for salads. Nutty hemp hearts offer the healing benefits of magnesium and

FLASH FOOD



From your fridge to your table in 30 minutes or less

omega-3 fatty acids."

1. Drain sauerkraut and reserve liquid. Mix together salad ingredients.

2. In a separate bowl, whisk dressing ingredients together.

3. Add dressing to salad and combine until salad is evenly coated.

RECIPES EXCERPTED FROM *SLIMMING MEALS THAT HEAL* BY JULIE DANILUK. IMAGES AND RECIPES © 2014 JULIE DANILUK. EXCERPTED BY PERMISSION OF RANDOM HOUSE CANADA, A DIVISION OF RANDOM HOUSE OF CANADA LTD. ALL RIGHTS RESERVED.

Ingredients

Salad

- 1 cup unpasteurized sauerkraut, drained
- 4 cups finely shredded purple cabbage
- 1/2 cup finely sliced red onion
- 2 organic apples, unpeeled, cored and thinly sliced

- 2 tbsp hemp hearts
- Dressing**
- 2 tbsp hemp oil
- 2 tbsp sauerkraut liquid
- 1 tsp dried dill weed
- Raw honey, to taste
- 2 tsp pink rock salt or grey sea salt

All the comfort, none of the guilt

1. Heat 1 tablespoon of coconut oil in a large pot over medium-high heat until shimmering but not smoking.

2. Add steak and cook until browned on both sides, 3 to 4 minutes per side. Transfer to a

cutting board and let rest for 5 minutes. Cut lengthwise into 2 long pieces, then crosswise, across grain, into 1/4-inch-thick slices.

3. Heat remaining 1 tbsp of oil in pan over medium heat. Add

mushrooms, onion, basil, oregano, thyme and salt. Cook, stirring often, until vegetables are very tender, 8 to 10 minutes.

4. Sprinkle flour over vegetables; stir to coat. Stir in beef broth and vinegar and bring to a boil, stirring often. Reduce heat to simmer and continue cooking, stirring often, until mixture is thickened, about 3 minutes.

5. Stir in coconut milk, sliced steak and any accumulated juices. Bring to a simmer and cook, stirring, until heated through, 1 to 2 minutes more. Top with fresh parsley or chives and serve on kelp noodles or kasha crepes.



This recipe makes six servings and can be served with kasha crepes or kelp noodles. JULIE DANILUK

Ingredients

- 2 tbsp coconut oil, divided
- 1 lb flank steak, trimmed
- 4 cups halved and thinly sliced shiitake mushroom caps
- 2 cups sliced onion
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1/2 tsp pink rock salt or grey

- sea salt
- 2 tbsp arrowroot flour
- 1 1/2 cups beef or chicken broth
- 1 1/2 tbsp apple cider vinegar
- 1/2 cup coconut milk
- Garnish**
- 2 cups chopped fresh chives or fresh parsley

Cookbook of the Week

Eat well and get healthy, too



Slimming Meals that Heal by Julie Daniluk focuses on the relationship between inflammation, allergies and weight gain.

The release offers 125 recipes that don't require you to count calories. It also includes information on cleansing the organs, the specific power of superfoods and techniques that directly reduce cravings. Daniluk has also developed a five-step plan to boost metabolism and balance hormones that lead to holistic weight balance.

Among the recipes included are: Scallops with Harvest Vegetables, Skinny Onion Rings, Low-Cal Turkey Chili and more. **METRO**

For your phone

Cook's Illustrated All-Time Best Recipes (iPad; \$9.99)



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Representing 20 years of kitchen-tested dishes that use supermarket ingredients, this collection of 52 illustrated and video-enhanced recipes offers the final word on pork chops, oven fries and more.



Mooseheads face tough decisions for next season

QMJHL. From forward to goal, plenty of questions for Herd's fans to chew on



GEORDON OMAND
halifax@metronews.ca

With their playoff run now over following a tough Game 7 loss Tuesday night to the Val-d'Or Foreurs, the braintrust with the Halifax Mooseheads is already looking to next season — and some hard choices that need to be made.

The team's three overagers — Darcy Ashley, Brandon Duke and Brent Andrews — are moving on, and the Mooseheads will need to decide which three of their handful of 19-year-olds they'll keep around.

Then there's goaltending, which according to the team's general manager, is a no-brainer with Zach Fucale expected to be back for his fourth year of junior.

"(Zach Fucale) is our goaltender — he'll be our starter next year, for sure," Cam Russell said when asked about the possibility of an off-season trade involving the Montreal Canadiens draft pick.

"He's done an above-exceptional job for us these past three years — you're solidifying your net with an all-star (goalie)."

Tuesday night's 3-2 loss capped off a high-energy, back-and-forth series against Val-d'Or, marking the third consecutive season Halifax has made it to at least the QMJHL semifinals.

Mooseheads head coach



Players on the Halifax Mooseheads salute their fans following Tuesday's Game 7 loss at the Metro Centre. JEFF HARPER/METRO

Dominique Ducharme said Wednesday he liked the way his team played in that do-or-die Game 7.

"We would play it again ... the same way, and I'm confident we would be coming out with the win, but that didn't happen (this time)," he said.

Halifax's list of potential overagers for next season include defencemen MacKenzie Weegar, who could also be as-

signed to the Florida Panthers' AHL affiliate, Austyn Hardie and Jesse Lussier, forwards Luca Ciampini, Philippe Gadoury and Andrew Ryan, and goaltender Kevin Darveau.

Tuesday likely marked the final QMJHL game for star forward Jonathan Drouin. The Tampa Bay Lightning prospect — who leads the league with 41 playoff points — will in all likelihood move on to the NHL.

Fan appreciation

Herd to hold autograph session

Fans, it's time to say goodbye for another season.

Keeping with trad-

ition, Halifax will hold an end-of-season autograph session with its players Thursday night at the Metro Centre box office from 6 to 8 p.m.

The entire team roster is expected to be in attendance. **METRO**

4
SPORTS

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Bruins forward Patrice Bergeron has established himself as one of the NHL's premier players. GETTY IMAGES FILE

Bergeron no longer the league's best-kept secret

Patrice Bergeron started earning acclaim for his defensive game four seasons ago when he was a legitimate Selke Trophy candidate for the first time.

It has taken longer for Bergeron to be appreciated as one of the best all-around players in the NHL. Maybe it started during the Boston Bruins' 2011 Stanley Cup run or last year's trip to the final, but after playing a major role in Team Canada's gold-medal performance at the Sochi Olympics, the 28-year-old is surely considered among hockey's elite centres.

"I think what he's done is he opened a lot of people's eyes," Boston coach Claude Julien said. "I know at his first

Olympics he didn't have ... to do what he did. The last one I think people realized how good he is."

Statistically, Bergeron had just two assists in six games, but the Quebec City native shifted from a fourth-line centre role to right-wing alongside Sidney Crosby and never missed a beat. His nearly flawless play wasn't a revelation as much as it underscored his growth from the 2010 Games in Vancouver, where he was the 13th forward.

In that tournament, as defenceman Chris Pronger told CBC Sports recently, Bergeron had a smaller role that was "probably a little unfair to him."

"Patrice would sit on the bench for long periods of time and then we'd get a penalty and turn to him and say, 'OK, go out and kill it,'" Pronger said. "That's a pretty tough, but important, job."

This season, Bergeron was downright dominant at times with 62 points in 80 games, a league-best plus-38 rating and a 58.6 per cent success rate in the faceoff circle.

THE CANADIAN PRESS

Rivals meet again

34

The Canadiens and Bruins will face each other in the post-season for a record 34th time when their NHL Eastern Conference semifinal opens Thursday night in Boston. As is the tradition, it pits the bigger, more physical Bruins against the Habs, who are built on quickness and puck pressure.

Toronto ready to Rap it up in Brooklyn

NBA playoffs. Lowry pours in 36 points as Raptors pin Nets against the ropes

Kyle Lowry poured in 36 points to lift Toronto to a nailbiting 115-113 victory over the Brooklyn Nets on Wednesday, giving the Raptors a 3-2 lead in their best-of-seven playoff series.

DeMar DeRozan added 23 points, while Jonas Valanciunas finished with 16, and Greivis Vasquez added 15.

Amir Johnson chipped in with 11 points for the Raptors, who gave up a 26-point lead in the fourth quarter, making for some tense moments at the Air Canada Centre, but held on for the victory.

Joe Johnson led the Nets with 30 points.

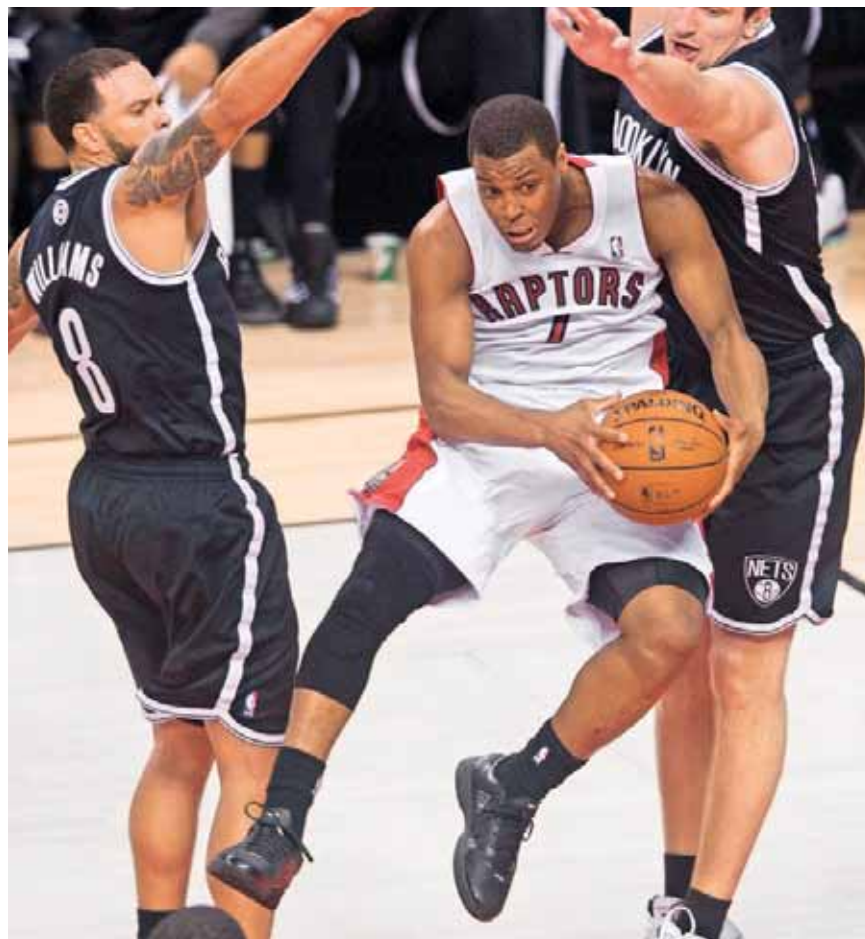
The series heads back to Brooklyn's Barclays Center for Game 6 on Friday.

The Raptors controlled the game through second and third quarters where it seemed they could do no wrong, and led by 26 points twice late in the third.

They headed into the fourth up 91-69 and appeared poised to cruise to an easy victory, but the Nets had plenty of fight left in them, tying the game at 101-101 on a three-pointer by Johnson with 3:16 to go and stunning the crowd.

Vasquez and Mirza Teletovic traded threes and it was tied with 1:23 to go before Lowry drained a three and then scored on a driving hook shot to put Toronto up by three with 27 seconds left.

Two DeRozan free throws



Raptors guard Kyle Lowry drives to the basket past Nets Mirza Teletovic, right, and Deron Williams in Toronto on Wednesday. NATHAN DENETTE/THE CANADIAN PRESS

put Toronto up by five, but Alan Anderson was fouled on a three to pull the Nets to within a point with 10 seconds to play. DeRozan and Blatche traded free throws then Blatche

chucked a wayward ball meant for Deron Williams that was ruled a backcourt violation, sealing the victory.

The rock-solid Lowry, playing with his right knee in a

protective brace after injuring it in Game 3 in Brooklyn, had his best game of the series, providing all kinds of highlight-reel plays.

THE CANADIAN PRESS

Weeknights at 6 KE counts down the HOTTEST songs of the day

TOP SIX @ 6

- 6 Eminem ft Nate Ruess
Headlights
- 5 Pitbull ft G.R.L.
Wild Wild Love
- 4 Jason Derulo ft 2 Chains
Talk Dirty
- 3 Avicii
Hey Brother
- 2 Demi Lovato
Neon Lights
- 1 John Legend
All Of Me

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Philly's Zac Rinaldo checks New York's Brad Richards during first period action. THE ASSOCIATED PRESS

Rangers advance to Round 2

Daniel Carcillo provided the burst of energy the New York Rangers were counting on in Game 7. The big goal was quite a bonus.

Carcillo gave the Rangers the lead with the first of their two second-period goals, and Henrik Lundqvist did just enough to hold off the Philadelphia Flyers and send New York into the second round of the Stanley Cup playoffs with a 2-1 win on Wednesday night.

Carcillo was added to the lineup, after he sat out the previous two games, and the move paid instant dividends.

Game 7	
2	1
Rangers	Flyers

He turned a crisp pass into his second goal of the series at 3:06 of the middle frame.

"When you're in, you try to do something to stay in, whether it be offensively or bring a lot of energy," Carcillo

said. "That's just what I was trying to do every time I was in this series."

Benoit Pouliot stretched the Rangers' lead to 2-0, and Lundqvist made it stand up with a 26-save effort one night after New York was beaten 5-2 in Philadelphia to set up the decisive Game 7.

"No one was jittery. We all knew what to do," Carcillo said. "On this team, no one was shying away from the big stage."

"We played a really strong series. I think we were the better team," said Lundqvist.

THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

You have taken on a lot of new tasks in recent weeks and could probably do with some help. Others will come to your assistance and share the load if you ask them but you must make it worth their while.

Taurus

April 21 - May 21

Make sure you know what is expected of you before backing a plan that will take up a lot of your time and energy. And make sure there's a timetable.

Gemini

May 22 - June 21

If others want to make an issue of things that are of no significance to you then you have no choice but to turn your back and walk away.

Cancer

June 22 - July 23

There is a danger that you will try to make the facts fit your assumptions — and if you do the consequences could be dire. Always strive to see life as it is, not as you wish it might be. Then and only then can you make a difference.

Leo

July 24 - Aug. 23

If your ultimate goal is as far away as ever, perhaps you should take it as a sign that something is wrong. It's not too late to change course — only your ego is holding you back.

Virgo

Aug. 24 - Sept. 23

The planets are very much in your favour at the moment and no doubt you fear nothing, but you still need to be careful. Don't push your luck and don't push yourself beyond your natural limits, no matter what the potential rewards might be.

Libra

Sept. 24 - Oct. 23

Mars in your sign endows you with courage but other aspects warn you can't do it all on your own. You need to rediscover the joy of how good it feels to share success with others.

Scorpio

Oct. 24 - Nov. 22

You have never been one for small talk and what others are wittering on about no doubt bores you to tears. Ignore them and focus your attention on what is important to you, even if no one else seems to agree.

Sagittarius

Nov. 23 - Dec. 21

Try to say only nice things about friends and colleagues, because if you make your true feelings known it will cause you all sorts of problems. That really applies on the work front.

Capricorn

Dec. 22 - Jan. 20

For some reason you seem reluctant to take advantage of an opportunity most people would give their right arm for. Yes, it could go wrong but it could also go stunningly right. Unless you try, you won't know.

Aquarius

Jan. 21 - Feb. 19

You think that your feelings for a certain person are a one-way street but that is far from the truth. They care as much for you as you do for them but, for now at least, they've got other things to worry about.

Pisces

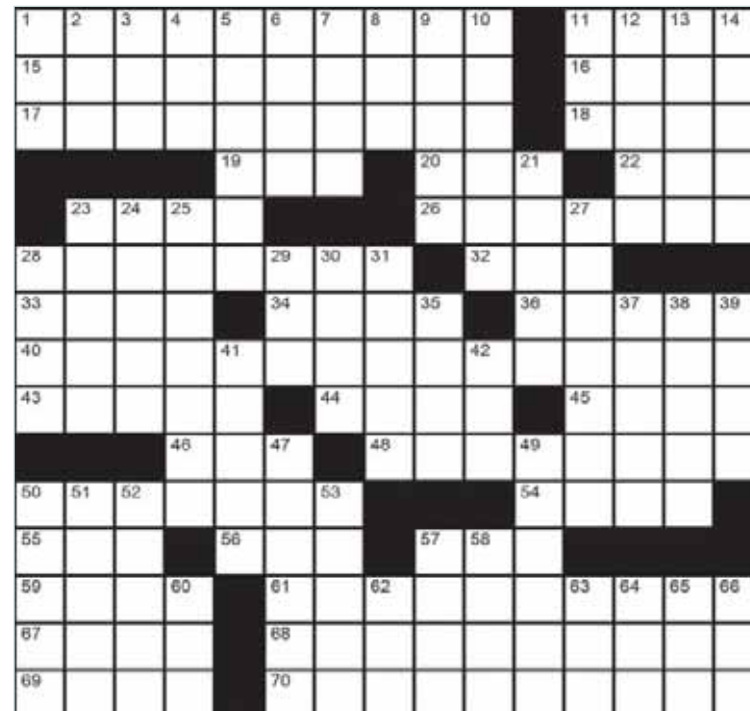
Feb. 20 - March 20

You will discover something about a friend or loved one that surprises you today. Resist the urge to pry any deeper — leave them a few secrets to enjoy. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Blue Rodeo song that starts "They met in a hurricane...": number + 3 wds.
- Pod vegetable
- ___ suit
- Fear: French
- Intolerance inciter
- William H. ___ (27th US President)
- 'Stock' suffix
- Aussie hopper
- Rapa ___ (Easter Island)
- Aurora
- Overcast
- PM = Prime ___
- ___ degree
- Worldwide [abbr.]
- Fertilizer ingredient
- Single
- Tummy tuck, for example: 2 wds.
- Heretofore: 2 wds.
- Line giver
- W Network's "Come ___ with Me Canada"
- Cleaning item
- Bespoke
- Where to put carrots and potatoes as common ingredients: 3 wds.
- Conjunctions
- Bo Derek's number
- "Hush."
- Wk. word
- ___ - date
- Winnipeg: James



- Armstrong ___ International Airport
67. Reshmi ___, CBC journalist
68. Cheeky
69. Plus
70. Expands Earthy-ly
- Down**
1. "Up, Up and Away" by The ___ Dimension

2. Omega-3 fatty acid, e.g.
3. ___ gallery
4. "___haw!"
5. Saskatchewan agricultural village an hour north of Regina
6. Apple music player
7. Eleven - Two's answer

8. Ms. Tilly
9. Great tennis servers
10. Ump's call, "___!"
11. Decide
12. "Higher than the Sun" British band
13. Mr. Wainwright
14. MGM's motto, Ars Gratia ___

21. "Tin soldiers and Nixon coming / We're finally ___ own." - Neil Young, "Ohio"
23. Ancient animals [abbr.]
24. Nervous
25. Mr. Valderrama's
27. Robert ___, Harvard University symbolo-

- gist in "The Da Vinci Code" (2006)
28. Isinglass
29. "King ___": Steve Martin's vintage SNL tune
30. ___ Blair (Pen name, George Orwell, b.1903 - d.1950)
31. Like an edited-some-more movie
35. Cruising
37. Bizarre
38. Coastal flappers, variantly
39. Faux-hued
41. Les ___ -Unis (USA)
42. William Tell's canton
47. Baseball legend, Lou ___ (b.1903 - d.1941)
49. Hardy's comedy pal
50. Saskatchewan town northeast of Regina
51. Kathmandu is its capital
52. Motion foes
53. Spin
57. "Love Shack" by ___ -52's
58. ___ Hebrew folk song: "___ Nagila"
60. Gold: Spanish
62. ___Magnon Man
63. Antiperspirant, Soft & ___
64. Casually utters
65. ...three, two, ____
66. Nocturnal periods, briefly

Yesterday's Crossword

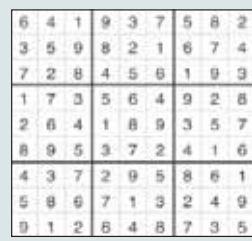


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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Friday 13°/4° Cloudy

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